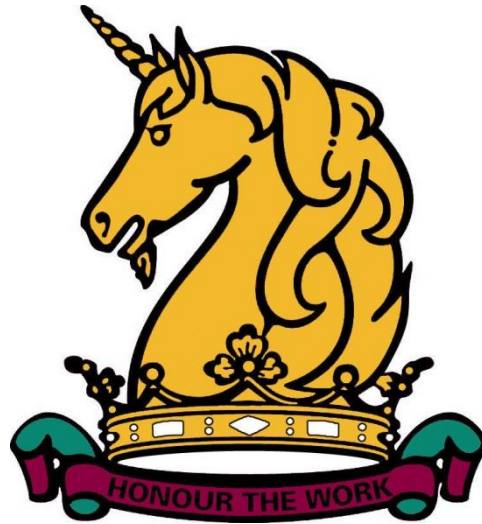


Melbourne High School



House Event Booklet 2020

Details in this booklet are subject to change. You will be given any updates prior to individual events.

MHS COCKHOUSE COMPETITION

The house competition provides all students, whether sporty or artistic students with an opportunity to take part in competitive activities.

The competition consists of 12 Activities. (9 Sporting and 4 Artistic)

At MHS we run the following activities:

<u>Event:</u>	<u>Duration:</u>
ATHLETICS	2 days Lakeside
SWIMMING	1/2 day MSAC
CROSS COUNTRY	1/2 day Albert Park Lake
FOOTBALL	Senior & Junior two sport afternoons
BASKETBALL	Senior & Junior two sport afternoons
SOCCER	Senior & Junior two sport afternoons
VOLLEYBALL	Senior & Junior two sport afternoons
WATERPOLO	Senior & Junior two sport afternoons
CHORALS (Singing and Instrumentals)	1 day Melbourne Town Hall
DEBATING	Senior & Junior two sport afternoons
THEATRE SPORTS	Senior & Junior one sport afternoon
YEAR 9 JUNIOR COCKHOUSE	1 day at MHS

The competition for Athletics, Swimming and Cross Country are carnival type programs. The Chorals is a large Singing and Instrumentals program run by the Music Department and DOS. All the other competitions except Theatre Sports and Debating, work on a round robin format where each house will compete against each other over 2 sports afternoons. The winner will be determined by the team with the most points at the end of the round robin series. Scoring allocation - 2 points for a win, 1 point for a draw.

Points are allocated as follows:

Chorals, and Cross Country	100, 80, 70, 60
Athletics	90, 72, 63, 54
Swimming	80, 64, 56, 48
Instrumental	40, 32, 28, 24
Year 9 Junior Cock House day	30, 24, 20, 16
Debating, Theatre Sports	25, 20, 17, 15
Basketball, Football, Soccer, Volleyball and Waterpolo (Senior and Junior competitions)	20, 16, 14, 12

House Staff and Meeting Rooms 2020

Yarra:

House Coordinator:	Rob Sette	
House Captain:	Matthew Xu	
House Vice-Captain:	Dennis Gu	
18s to 20s:	Emily Missen & Angus Grant (Amanda Carroll)	A2
17s:	David Owen & Edward Shin	A1
16s:	Matt Roberts & Lauren De Bomfort	Hockey Pav
15s and Under:	Mark Kaderle & Chris Bush	A4
Whole:		Arts Centre

Como:

House Coordinator:	Marlowe Wynne-Woodley	
House Captain:	Ethan Prabharan	
House Vice-Captain:	Mark Bernstein	
18s to 20s:	Michael Lorient	Memorial Hall
17s:	Peter Cogo & Vassie Kakolyris	T28
16s:	Sam Crocket, Fran Neal,	T29
15s and Under:	P.Capon, J. Belvedere, AM Brownhill	T30
Whole:		Memorial Hall

Forrest:

House Coordinator:	Shaun Kemp	
House Captain:	Edward Caldwell	
House Vice-Captain:	William Sheehy	
18s to 20s:	& Dean Griffiths	S1
17s:	Paul Drew & Wai Yuen Fong	S2
16s:	Miho Okutsu, Catherine Morton & Yuko Inaba	S3
15s and Under:	Saki Ganella &	S4
Whole:		Dining Hall

Waterloo:

House Coordinator:	Mark Goodey	
House Captain:	Oscar Mulhall	
House Vice-Captain:	John Chan	
18s to 20s:	Helen Bekos & Sonya Mulholland	Gym
17s:	Anna Berlin &	Gym
16s:	Ute Kreher & Ken Ong	Gym
15s and Under:	Rami Stiglec & Bill Flanagan	Gym
Whole:		

Cock House Cup Records

1928	Forrest	1959	Yarra	1990	Yarra
1929	Yarra	1960	Como	1991	Yarra
1930	Forrest	1961	Como	1992	Waterloo
1931	Yarra	1962	Yarra	1993	Como
1932	Waterloo	1963	Yarra	1994	Como
1933	Yarra	1964	Forrest	1995	Yarra
1934	Forrest	1965	Forrest	1996	Forrest
1935	Yarra	1966	Forrest	1997	Yarra
1936	Waterloo	1967	Yarra	1998	Yarra
1937	Como	1968	Como	1999	Yarra
1938	Yarra	1969	Como	2000	Yarra
1939	Yarra	1970	Como	2001	Como
1940	Waterloo	1971	Waterloo	2002	Yarra
1941	Como	1972	Forrest	2003	Yarra
1942	Forrest	1973	Forrest	2004	Yarra
1943	Forrest	1974	Como	2005	Waterloo
1944	Forrest	1975	Yarra	2006	Waterloo
1945	Como	1976	Forrest	2007	Waterloo
1946	Waterloo	1977	Yarra	2008	Waterloo
1947	Como	1978	Waterloo	2009	Waterloo
1948	Como	1979	Como	2010	Forrest
1949	Como	1980	Forrest	2011	Como
1950	Como	1981	Como	2012	Forrest
1951	Como	1982	Forrest	2013	Waterloo
1952	Waterloo	1983	Forrest	2014	Como
1953	Waterloo	1984	Forrest	2015	Como
1954	Yarra	1985	Forrest	2016	Forrest
1955	Yarra	1986	Forrest	2017	Waterloo
1956	Yarra	1987	Waterloo	2018	Como
1957	Yarra	1988	Forrest	2019	Como
1958	Como	1989	Yarra		
Progressive Tally - Como 25 Forrest 23 Waterloo 17 Yarra 27					

COCKHOUSE POINTS 2019

	COMO	FORREST	WATERLOO	YARRA
SWIMMING	48	80	56	64
Year 9 Round Robin	18	24	18	30
ATHLETICS	90	72	63	54
CHORALS	100	60	80	70
INSTRUMENTALS	40	32	28	24
BASKETBALL - JUNIOR	20	16	14	12
BASKETBALL - SENIOR	18	18	13	13
FOOTBALL - JUNIOR	20	14	16	12
FOOTBALL - SENIOR	16	12	20	14
SOCCER - JUNIOR	12	16	20	14
SOCCER - SENIOR	13	18	18	13
DEBATING	25	18.5	15	18.5
THEATRE SPORTS	12	20	14	16
WATER POLO - JUNIOR	14	14	14	20
WATER POLO - SENIOR	12	18	18	14
VOLLEYBALL - JUNIOR	12	20	14	16
VOLLEYBALL - SENIOR	20	12	14	16
CROSS COUNTRY	70	80	100	60
TOTALS	560	544.5	535	480.5



HOUSE SWIMMING CARNIVAL MELBOURNE SPORTS & AQUATIC CENTRE

Monday, 10th February 2020

OFFICIALS

DIRECTOR OF SPORT:	Mr D Veale
RESULTS:	Mr D Ball, Mrs L Carruthers
REFEREES:	Ms A Chandler, Mr M Chandler
CHIEF JUDGES:	Mr S Bisetto, Mr R Pritchard
STARTER:	Mr J Guthrie
ANNOUNCER:	Ms P Tsilimidos, Mr M Sharp
SCORING AREA:	Ms J Devlin, Mr de Korte, Mr Bowler
MARSHALS:	Mr I Dowling, Mr J Marotta, Mr A Mann
MEDIA:	Mr. N Mallet
FIRST AID:	Ms L Delahunty

HOUSE LEADERS:	COMO	Mr M Wynne-Woodley	Captain: Ethan Prabharan
	FORREST	Mr S Kemp	Captain: Edward Caldwell
	WATERLOO	Mr M Goodey	Captain: Oscar Mulhall
	YARRA	Mr R Sette	Captain: Matthew Xu

PREVIOUS WINNERS OF HOUSE SWIMMING COMPETITION

1932-34	Yarra	1966	Como	1995-98	Yarra
1935	Forrest	1967	Yarra	1999-2001	Waterloo
1936	Como	1968	Waterloo	2002-03	Forrest
1937	Forrest	1969-70	Forrest	2004-06	Waterloo
1938	<i>Not Held</i>	1971	<i>Not Held</i>	2007	Forrest
1939-40	Yarra	1972	Waterloo	2008	Yarra
1941	Waterloo	1973	Como	2009-10	Como
1942	Como	1974	Como & Yarra (<i>equal</i>)	2011	Yarra
1943	Waterloo	1975-77	Yarra	2012	Yarra
1944	Yarra	1978-82	Forrest	2013	Waterloo
1945-49	Como	1983	Yarra	2014	Waterloo
1950-52	Yarra	1984	Forrest	2015	Como
1953	Forrest	1985-88	Como	2016-18	Waterloo
1954-58	Waterloo	1989	Yarra	2019	Forrest
1959-63	Forrest	1990-92	Waterloo		
1964-65	Waterloo	1993-94	Como		

SUMMARY of HOUSE WINS

COMO 19; FORREST 20; WATERLOO 25; YARRA 23

2019 Age-Group Champions

18-20's: Kiran Pereria (Y); 17s: John Chan (W);
16s: Nicholas Wu (F); 15s&U: Alexander Hillman (Y)

SCORING SYSTEM

Place	Individual Events	← Relays →			
		A grade	B grade	C grade	D grade
1st	10	15	8	4	4
2nd	7	12	7	3	3
3rd	5	10	6	2	2
4th	3	9	5	1	1

BONUS POINTS FOR RECORDS

Two bonus points will be awarded to competitors who **break** an existing Melbourne High School record, irrespective of their place in the event.

One bonus point will be awarded to competitors who **equal** an existing Melbourne High School record, irrespective of their place in the event.

LANES

HOUSE:	Como	Yarra	Waterloo	Forrest
Individual Events:	1 & 5	2 & 6	3 & 7	4 & 8
Relays:	5	6	3	4

SUMMARY OF EVENTS

Age Group	Event	Event No.	Time	Age Group	Event	Event No.	Time
18/20s	Freestyle 200 m	6	11.41	16s	Freestyle 200 m	5	11.36
	Breaststroke 50 m	12	12.04		Breaststroke 50 m	10	11.58
	Butterfly 50 m	21	12.33		Freestyle 100 m	13	12.07
	Freestyle 100 m	26	12.52		Butterfly 50 m	19	12.27
	Freestyle 50m	30	1.04		Relay 4 x 50 m A	22	12.36
	Backstroke 50m	35	1.20		Relay 4 x 50 m B	23	12.40
	Relay 4 x 50 m A	36	1.23		Relay 4 x 50 m C	24	12.44
	Relay 4 x 50 m B	37	1.27		Relay 4 x 50 m D	25	12.48
	Relay 4 x 50 m C	38	1.31		Freestyle 50 m	28	12.58
	Relay 4 x 50 m D	39	1.34		Backstroke 50 m	33	1.14
17s	Freestyle 100 m	7	11.46	15&U	Relay 4x 50m A	1	11.20
	Breaststroke 50 m	11	12.01		Relay 4x 50m B	2	11.24
	Relay 4 x 50 m A	14	12.10		Relay 4x 50m C	3	11.28
	Relay 4 x 50 m B	15	12.14		Relay 4x 50m D	4	11.32
	Relay 4 x 50 m C	16	12.17		Breaststroke 50m	9	12.12
	Relay 4 x 50 m D	17	12.21		Butterfly 50 m	18	12.24
	Butterfly 50 m	20	12.30		Freestyle 50 m	27	12.55
	Freestyle 50m	29	1.01		Backstroke 50 m	32	1.11
	Backstroke 50m	34	1.17		Freestyle 100 m	41	1.48
Open	Individual Medley 200m	1	11.15	16s/15&U Freestyle 200m		5	11.36
	18-20s/17s Freestyle 200m	6	11.41				
	Breaststroke 100 m	8	11.51				
	Backstroke 100 m	31	1.07				
	Medley Relay 4x 50	42	1.52				

2020 INSTRUCTIONS TO COMPETITORS

GENERAL

1. Competitors will attend form assembly at Palm Lawn at 10am, house meetings proceed at 10.10am.
2. No student is to enter the Stadium before 10.40am.
3. Students will use the male's change rooms. DO NOT leave valuables in the change rooms.
4. Competitors may warm up in the main pool between 10.50 and 11.10am.
5. Competitors and emergencies sit in the reserved seats in the allocated house areas when not competing.
6. At the completion of each event, all competitors must remain in the pool, in their correct lane, until instruction is given to get out of the water. Exit at the side of the pool.
7. The third swimmer in relays must dive from the blocks (to avoid re-starting the electronic timing device).
8. In relay events, a house may not have a team in a lower division of the age group without entering all the higher divisions. In the event of this happening, all points awarded to the house in the lower divisions will be deducted. For example, if A, C, and D grade relay teams are fielded but not a B grade team, then all points earned by the C, and D grade teams will be forfeited. The BEST swimmers will be selected in the higher divisions.

SEATING IN THE GRANDSTAND

The order of the house seating starts at the entrance end of the pool.

⇐COMO⇒	⇐YARRA⇒	⇐WATERLOO⇒	⇐FORREST⇒
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ELIGIBILITY/AGE GROUPS Age group champion rules

1. Age is taken as at December 31st, 2020. Students must compete in their age groups, unless the rules allow.
2. Competitors may compete in THREE individual events and ONE relay.
3. **The OPEN INDIVIDUAL 200m MEDLEY is open to any student, in any age group, as a unique event. If a student competes in this event it does not count as one of their individual events.**
4. **The OPEN 4 x 50m MEDLEY RELAY is open to any student, in any age group, as a unique event. If a student competes in this event it does not count as one of their relay events.**
5. Apart from the above event, a student may compete in ANY TWO age divisions for which he is eligible, provided there is no identical event in his own age group. This includes all OPEN events.
6. If a boy competes in the OPEN 100m of a stroke, he can NOT compete in the 50m event for that stroke.

MARSHALLING

- Competitors must report to the marshals at the marshalling area at least three events ahead of their race. Competitors will then proceed to the starting area for their event.
- 50m events start at the Albert Park Road end. All longer events start at the indoor pool end of the pool.

STARTING

When the starter, (who will not delay any event for a late competitor), **blows the whistle**, competitors will step up and stand erect with feet at the rear of the blocks. **"Take your marks"** will be announced when all competitors are standing erect and still. On this command, competitors should move to the front of the blocks and assume a well-balanced position in readiness for a start. The **gun will be fired** when all students are steady and properly balanced on the blocks.

BREAKING RULE

1. Swimmers must remain steady in the **'set'** position when the starter says **'Take your marks'**.
2. Up to 2 attempts may be made to achieve a clean start. **Any** swimmer who 'breaks' on the second attempt to begin the race is disqualified.
3. The starter will decide if a swimmer 'breaks' or is simply 'unsteady'.

DRESS

All competitors must compete wearing MAROON MHS swimming bathers and house swimming caps. Failure to do so will bring disqualification. No fast skin swim suits will be allowed. **NO competitor will be allowed to race if they have zinc cream or temporary hair dye on their body or in their hair.**

EVENTS & RECORDS

Event	Time	EVENT TITLE	RECORD HOLDER	<i>RECORD</i>
1	11:15	OPEN INDIVIDUAL MEDLEY 200m	<i>N. Wu (Forrest) (2019)</i>	<i>2:27.58</i>
2	11:20	15 & under RELAY A Grade 4 x 50 m	<i>Forrest (2018)</i>	<i>1:54.09</i>
3	11.24	15 & under RELAY B Grade 4 x 50 m		
4	11.28	15 & under RELAY C Grade 4 x 50 m		
5	11.32	15 & under RELAY D Grade 4 x 50 m		
6	11.36	16s FREESTYLE 200m	<i>D. Egan (Forrest) (2009)</i>	<i>2.06.6</i>
7	11.41	18-20s FREESTYLE 200m	<i>B. Edwards (Yarra) (2010)</i>	<i>2.01.23</i>
8	11.46	17s FREESTYLE 100m	<i>L. Wells (Yarra) (2012)</i>	<i>53.22</i>
9	11.51	OPEN BREASTROKE 100m	<i>S. Kim (Yarra) (2012)</i>	<i>1:12.04</i>
10	11.55	15 & under BREASTROKE 50m	<i>C. Markey (Waterloo) (2009)</i>	<i>33.4</i>
11	11.58	16s BREASTROKE 50m	<i>N. Wu (Forrest) (2019)</i>	<i>32.25</i>
12	12.01	17s BREASTROKE 50m	<i>C. Markey (Waterloo) (2011)</i>	<i>31.78</i>
13	12.04	18-20s BREASTROKE 50m	<i>J. McCarthy (Como) (2010)</i>	<i>32.06</i>
14	12.07	16s FREESTYLE 100m	<i>N. Wu (Forrest) (2019)</i>	<i>55.56</i>
15	12.10	17s RELAY A Grade 4 x 50 m	<i>Yarra (2012)</i>	<i>1:46.62</i>
16	12.14	17s RELAY B Grade 4 x 50 m		
17	12.17	17s RELAY C Grade 4 x 50 m		
18	12.21	17s RELAY D Grade 4 x 50 m		
19	12.24	15 & under BUTTERFLY 50m	<i>A. Hillman (Yarra) (2019)</i>	<i>27.20</i>
20	12.27	16s BUTTERFLY 50m	<i>N. Wu (Forrest) (2019)</i>	<i>27.24</i>
21	12.30	17s BUTTERFLY 50m	<i>C. Markey (Waterloo) (2011)</i>	<i>26.92</i>
22	12.33	18-20s BUTTERFLY 50m	<i>D. Jonceviski (Como) (2010)</i>	<i>26.78</i>
23	12.36	16s RELAY A Grade 4 x 50 m	<i>Forrest (2019)</i>	<i>1:49.43</i>
24	12.40	16s RELAY B Grade 4 x 50 m		
25	12.44	16s RELAY C Grade 4 x 50 m		
26	12.48	16s RELAY D Grade 4 x 50 m		
27	12.52	18-20s FREESTYLE 100m	<i>L. Wells (Yarra) (2013)</i>	<i>53.40</i>
28	12.55	15 & under FREESTYLE 50m	<i>A. Hillman (Yarra) (2019)</i>	<i>25.72</i>
29	12.58	16s FREESTYLE 50m	<i>J. Li (Waterloo) (2014)</i>	<i>25.51</i>
30	1.01	17s FREESTYLE 50m	<i>L. Wells (Yarra) (2012)</i>	<i>24.54</i>
31	1.04	18-20s FREESTYLE 50m	<i>D Jonceviski (Como) (2010)</i>	<i>25.03</i>
32	1.07	OPEN BACKSTROKE 100m	<i>P. Simms (Forrest) (1983)</i>	<i>1:04.2</i>
33	1.11	15 & under BACKSTROKE 50m	<i>J. Li (Waterloo) (2013)</i>	<i>30.00</i>
34	1.14	16s BACKSTROKE 50m	<i>J. Li (Waterloo) (2014)</i>	<i>30.20</i>
35	1.17	17s BACKSTROKE 50m	<i>C. Markey (Waterloo) (2011)</i>	<i>30.22</i>
36	1.20	18-20s BACKSTROKE 50m	<i>M. McCarthy (Como) (2012)</i>	<i>30.81</i>
37	1.23	18-20s RELAY A Grade 4 x 50 m	<i>Como (1988)</i>	<i>1:53.1</i>
38	1.27	18-20s RELAY B Grade 4 x 50 m		
39	1.31	18-20s RELAY C Grade 4 x 50 m		
40	1.34	18-20s RELAY D Grade 4 x 50 m		
41	1.48	15 & under FREESTYLE 100m	<i>N. Wu (Forrest) (2018)</i>	<i>55.87</i>
42	1.52	OPEN 4 x 50m MEDLEY Relay	<i>Como (2010)</i>	<i>1.56.43</i>

MELBOURNE HIGH SCHOOL

HOUSE INSTRUMENTAL AND CHORAL CONTEST

Thursday 12th March, 2020

RULES

1.0 REQUIREMENTS

- 1.1 There will be two separate contests, an Instrumental Contest and a Choral Contest. Both Contests will be held on the same day.

1.2.0 INSTRUMENTAL CONTEST

Maximum Possible Marks

- | | |
|------------------|----|
| a) Ensemble Item | 60 |
| b) Solo Item 1 | 20 |
| c) Solo Item 2 | 20 |

100

- 1.2.1 For Solo Item 1 and 2, two different soloists must perform on two different instruments. Soloists may also participate in the Ensemble Item if desired.
- 1.2.2 The Ensemble must include a minimum of ten instrumental performers, and a maximum of thirty performers.
- 1.2.3 Vocalists may perform in Solo Item 1 or 2, but not in the (Instrumental) Ensemble Item.
- 1.2.4 A time limit of five minutes applies to each Solo and Ensemble Item. If the duration of an item exceeds the set time limit then a penalty will apply – deduction of 5% of the maximum mark for a breach of up to 30 seconds and 10% if greater than 30 seconds.
- 1.2.5 Performance from memory is not expected in any Instrumental Item.

1.3.0 CHORAL CONTEST

Maximum Possible Mark

- | | |
|-----------------------------|----|
| a) Massed Choir Set Song | 40 |
| b) Special Choir Part-Song | 30 |
| c) Massed Choir Free Choice | 30 |

100

- 1.3.1 The whole House will participate in the Set Song and Free Choice massed choral items. The set item is to be performed in unison; the whole choir must sing Seventy-five per cent of the music. The Free Choice item can contain some part-singing.
- 1.3.2 The Special Choir must include a minimum of eight and a maximum of twenty vocalists.
- 1.3.3 The Special Choir must sing a part-song containing at least three vocal parts for the major portion; the remainder may be in unison or two-parts as desired.
- 1.3.4 A time limit of four minutes applies to each Choral Item. If the duration of an item exceeds the set time limit then a penalty will apply – deduction of 5% of the maximum mark for a breach of up to 30 seconds and 10% if greater than 30 seconds.
- 1.3.5 All works in the Choral Contest are to be performed from memory. The Conductors may use music if they wish.
- 1.3.6 All choral work is expected to be interpreted with some creativity and imagination, including the use of dynamics, the tempo and the subtleties of musical phrasing.
- 1.3.7 Each House should be prepared to conduct and accompany the school song and the National Anthem at the conclusion of the competition.

2.0 THE REFEREE

- 2.1 The Director of Music shall be the Referee. The Referee will be responsible for:

- The appointment of the three Adjudicators
- The administration of the Contest and the rehearsals
- The interpretation of the Rules
- The approval of selected items
- The selection of the Set Song

- 2.2 All objections to the Referee's decisions will be heard by the DOS and that decision will be final and binding.

3.0 SELECTION OF ITEMS

- 3.1 Items selected in INSTRUMENTAL ENSEMBLE, MASSED CHOIR and SPECIAL CHOIR selections must not have been publicly performed by Melbourne High School students within the previous four years. This includes performances at School Assemblies, Speech Nights, House Choral and Instrumental Contests.
- 3.2 No item which has gained a first place in the MASSED CHOIR FREE CHOICE section of any previous House Choral and Instrumental Contest since 1972 will be eligible for performance in any subsequent Contests.
- 3.3 The selection and arrangement of items is the responsibility of House Coordinators and their students. Music Staff Advisers will give advice and assistance but will not run or conduct rehearsals.
- 3.4 House Coordinators are to submit all items for approval by the Director of Music before commencing rehearsals. Once a House item has been approved then that House has priority performance rights to that item for the current Contest.

4.0 REHEARSALS

- 4.1 Each House will have the same number of rehearsals with the allocated Music Staff Advisers. If a Music Staff Adviser is going to be absent for a rehearsal, the Director of Music will appoint a substitute.
- 4.2 Houses may arrange extra rehearsals in their own time, but only after Monday 11 March. Requests for use of the Memorial Hall or the Music Rooms must be negotiated with the Director of Music.
- 4.3 The conduct of the rehearsals is the responsibility of the House Coordinators and musicians. The Music Staff Advisers will assist in musical matters only.

5.0 ACCOMPANISTS

- 5.1 Each House can provide their own accompanists for the instrumental and choral sections.
- 5.2 Where accompaniment is required, it shall be provided by piano alone, unless special approval has been made by the Director of Music. If approval is given then that House will only be allowed to use one alternative to the piano.

6.0 ADJUDICATORS' AND REFEREE'S INFORMATION

- 6.1 The following information must be received by the Referee at least seven days before the date of the Contest:
- titles of all items, together with names of composers
 - Names of all performers, including conductors, accompanists, soloists (and instruments), ensemble musicians (and instruments), Special Choir members (and voice-parts) and any special requirements for the solo items such as amplification.
- 6.2 The following Adjudicators' material must be received by the Director of Music at least three days before the date of the Contest:
- Three copies of all music to be performed (non-returnable); these copies must show exactly what is to be performed - any amendments or re-arrangements must be clearly marked; each bar/measure of the music must be numbered.

7.0 ORDER OF PERFORMANCE

- 7.1 Items will be performed in the following order:

INSTRUMENTAL CONTEST

- a) Solo Item 1
- b) Solo Item 2
- c) Ensemble Item

CHORAL CONTEST

- a) Massed Choir Set Song
- b) Special Choir Part-Song
- c) Massed Choir Free Choice

- 7.2 The commencement of each item will be indicated by the Master of Ceremonies who will receive his/her instructions from the Referee.

- 7.3 Houses will perform in the following order in 2020, which will rotate after each Contest in the following years:
- Forrest
 - Waterloo
 - Yarra
 - Como

8.0 HOUSE POINTS

- 8.1 House points will be allocated as follows:

INSTRUMENTAL CONTEST

1st	-	40
2nd	-	32
3rd	-	28
4th	-	24

CHORAL CONTEST

1st	-	100
2nd	-	80
3rd	-	70
4th	-	60

This update of the Rules was undertaken by the Director of Music and the Assistant Principal responsible for Chorals in February 2014.

Melbourne High School

House Athletics Carnival

2020



Wednesday 15th April and Thursday 16th April,
2020

Lakeside Stadium
Albert Park

MELBOURNE HIGH SCHOOL - ATHLETICS CARNIVAL 2020

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OFFICIALS

Director of Sport	D Veale
Chief Referee	S Bisetto, M Chandler
Starter	Athletics Victoria Official
Track Marshals	A Sloan (14s, 15s) & R Barham (16s), M Sharp (17s) & B Mahoney (18s)
Finish Line	(THU) J Devlin (WED), Athletics Victoria Officials
Discus	J Marotta
Javelin	J Guthrie, C Moore
Shot Put	P McGann, G De Korte
High Jump	
Long Jump	I Dowling
Triple Jump	C Ireson
Hurdles	M Fitzgerlad
Relay Changeovers 1	M Chandler
Relay Changeovers 2	L Bedier
Relay Changeovers 3	J Guthrie
Announcer	P Tsilimidos
Meet Manager	L Carruthers, D Ball
Photographer & Media	E Azcona, L Stewart, N Mallet
DJ Music	
First Aid/Nurse	L Delahunty, J Mill
Como Staff	J Belvedere, P Cogo, M Lorient, S Crocket, P Capon, V Kakolyris, F Neal, B Cornel, V Ma
Forrest Staff	S Ganella, P Drew, D Griffiths, W Fong, C Morton, Y Inaba, C Morton
Waterloo Staff	H Bekos, U Kreher, A Berlin, S Mulholland, K Ong,
Yarra Staff	M Kaderle, M Roberts, E Shin, D Owen, A Grant, A Carroll, E Missen, C Bush, L De Bomfort

House	Coordinator	Captain	Vice Captain
Como	M Wynne-Woodley	Ethan Prabharan	Mark Bernstein
Forrest	S Kemp	Edward Caldwell	William Sheehy
Waterloo	M Goodey	Oscar Mulhall	John Chan
Yarra	R Sette	Matthew Xu	Dennis Gu

HOUSE ATHLETICS RECORDS

18-20s	100 m	11.00 sec	M. Draganski (W)199/T Albiston (W)2008/ R. McNamara (F) 2015
	200 m	22.39 sec	R. McNamara (F) 2015
	400 m	50.2 sec	K. Oakey (Y) 1982
	800 m	1 min 55.60 sec	C. McLeod (C) 2014
	1500 m	4 min 11.57 sec	C. Lui (C) 2017
	3000 m	8 min 58.20 sec	C. Lui (C) 2017
	2000 m Steeplechase	6 min 39.5 sec	M. Ryde (Y) 2007
	1500 m Walk	6 min 00.55 sec	K. Swan (F) 2017
	110 m Hurdles(99.1cm)	15.3 sec	T. Oostveen (Y) 2005
	4 x 100 m Relay	45.5 sec	Como 2005
	4 x 100 m Medley Relay	1 min 41.20sec	Como 2014
	4 x 200 m Relay	1 min 37.5 sec	Como 1973
	4 x 400 m Relay	3 min 48.06 sec	Como 2011
	4 x 800 m Relay	9 min 05.2 sec	Como 1977
	Discus (1.75kg)	37.12m	S. Prelevic (C) 2011
	High Jump	1.90 m	T. Oostveen (Y) 2005
	Javelin (800g)	52.06 m	N. Harpantidis (W) 1967
	Long Jump	6.72 m	A. Wirt (Y) 1989
	Shot Put (6kg)	15.46 m	V. Slavnic (F) 1977
	Triple Jump	14.31 m	C Rauchfuss (W) 2010
17s	100 m	11.3 sec	J. Trinh (W) 2006
	200 m	23.5 sec	D. Pickering (F) 2006
	400 m	51.3 sec	D. Burke (F) 2006
	800 m	2 min 02.46 sec	C. Lui (C) 2016
	1500 m	4 min 12.90 sec	C. Lui (C) 2016
	110 m Hurdles (91.4cm)	14.7 sec	T. Oostveen (Y) 2004
	4 x 100 m Relay	46. 77 sec	Como 2018
	4 x 100 m Medley Relay	1 min 42.75 sec	Como 2018
	4 x 200 m Relay	1 min 41.32 sec	Forrest 2015
	4 x 400 m Relay	3 min 55.6 sec	Forrest 1999
	Discus (1.5kg)	41.68 m	S. Prelevic (C) 2010
	High Jump	1.82 m	E. Haldane (F) 1998
	Javelin (700g)	50.75 m	S. McGarvie (F) 1981
	Long Jump	6.46 m	A Chiew (W) 2011/R McNamara (F) 2014
	Shot Put (5kg)	13.67 m	A. Chenoweth (Y) 1989
	Triple Jump	14.4 m	C Rauchfuss (W) 2009
16s	100 m	11.48 sec	M. Tran (Y) 2014
	200 m	23.5 sec	J. Poon (C) 2003
	400 m	52.3sec	J. Poon (C) 2003
	800 m	2 min 01.94	C. Lui (C) 2015
	1500 m	4 min 21.06sec	B. Camillo (W) 2018
	110 m Hurdles (91.4cm)	15.70 sec	S. Prelevic (C) 2009
	4 x 100 m Relay	47.20 sec	Yarra 2016
	4 x 100 m Medley Relay	1 min 42.26 sec	Forrest 2015
	4 x 200 m Relay	1:43.81sec	Waterloo 2009
	4 x 400 m Relay	4 min 00.3 sec	Como 2009
	1500 m Walk	6 min 03.55 sec	K. Swan (F) 2015
	Discus (1.5kg)	43.63 m	S. Prelevic (C) 2009
	High Jump	1.82 m	J. Novotny (W) 1993
	Javelin (700g)	37.32m	T. Potisomporn (C) 2018
	Long Jump	6.33m	R. McNamara (F) 2013
	Shot Put (5kg)	13.22 m	A. Chenoweth (Y) 1988
	Triple Jump	13.20 m	C Rauchfuss (W) 2008
15 & U	100 m	11.6 sec	J. Poon (C) 2002
	200 m	24.2 sec	C. Rauchfuss (W) 2007
	400 m	55.00 sec	J. Poon (C) 2002
	800 m	2.08.63sec	C.Lui (C) 2014
	1500 m	4min 30.09 sec	C. Lui (C) 2014
	100 m Hurdles (84cm)	14.9 sec	T. Oostveen (Y) 2002
	4 x 100 m Relay	48.58 sec	Yarra 2015
	4 x 100 m Medley Relay	1 min 48.93 sec	Yarra 2015
	4 x 200 m Relay	1 min 44.3 sec	Como 2007
	4 x 400 m Relay	4 min 16.1 sec	Yarra 2005
	Discus (1.0kg)	37.76 m	J. Adamopoulos (C) 1981
	High Jump	1.77 m	T. Clarke (W) 1992
	Javelin (700g)	31.60	J. Richter (F) 2013
	Long Jump	5.74 m	C. Rauchfuss (W) 2007
	Shot Put (4kg)	12.76 m	M. Heitlinger (C) 1979
	Triple Jump	12.39 m	C. Rauchfuss (W) 2007
14 & U	100 m	12.35 sec	C. Wu (Y) 2014
	1500 m	5min 07.11 sec	M. Bernstein (C) 2017
	Long Jump	4.88 m	W. Song Loong (F) 2015
	Shot Put (4kg)	10.66 m	E. Ny (C) 2017

POINTS SYSTEM

Age-Group Championship: Points will be awarded for Individual Events only (excluding the Open 2000m Steeplechase Open 3000m and Open 1500m Walk). There will be no 14 year old age group champion and points in the 14 year old age group events will not contribute to other age group champion's awards. 14 year olds can win the 15 year old age group champion.

Bonus Points for Records: Competitors and their Houses will gain TWO bonus points if they break the existing Melbourne High School Record, irrespective of their place in the event.

Competitors and their Houses will gain ONE bonus point if they equal the existing Melbourne High School Record, irrespective of their place in the event.

Bonus points will apply to all Heats, 1st Rounds and Finals, current records will apply, whenever set.

House Competition: All events shall count for House Points as follows:

PLACE & POINTS AWARDED

	1st	2nd	3rd	4th	5th	6th	7th	8th
Track & Field Events (Excludes Heats)	11	9	7	5	4	3	2	1
A Grade Relays	15	12	9	6				
B Grade Relay	11	9	7	5				
C, D, E & F Relays	8	6	4	2				

LANES

	Yarra	Como	Forrest	Waterloo
100, 200, 400, Hurdles	1 & 5	2 & 6	3 & 7	4 & 8
Relays	5	2	3	4

PREVIOUS WINNERS

1928 Como	1967-70 Como	1998 Forrest
1929-31 Yarra	1971 No Contest	1999 Como
1932 Waterloo	1972-75 Forrest	2000 Yarra
1933 Yarra	1976-77 Yarra	2001-02 Como
1934 Forrest	1978 Waterloo	2003 Yarra
1935-36 Yarra	1979-80 Forrest	2004 Forrest
1937 Forrest	1981 Como	2005 Waterloo
1938 Yarra	1982 Yarra	2006 Forrest
1939-43 Como	1983 Forrest	2007 Waterloo
1944 Forrest	1984 Waterloo	2008 Waterloo
1945-46 Waterloo	1985-86 Forrest	2009 Waterloo
1947 Como	1987 Waterloo	2010 Forrest
1948 Forrest	1988 Forrest	2011 Como
1949 No Contest	1989 Yarra	2012 Forrest
1950-51 Waterloo	1990 Waterloo	2013 Waterloo
1952 Como	1991 Como	2014 Como
1953 Yarra	1992 Waterloo	2015 Forrest
1954-56 Como	1993 Como	2016 Forrest
1957-62 Forrest	1994-95 Waterloo	2017 Waterloo
1963 Como	1996 Forrest	2018 Como
1964-66 Forrest	1997 Como	2019 Como

TOTAL TIMES AS WINNING HOUSE

COMO	FORREST	WATERLOO	YARRA
27	31	18	14

2019 AGE GROUP CHAMPIONS

15s: Gabriel Eduard (Forrest) & Yongfeng Jiang (Como)

16s: Samuel Wong (Forrest)

17s: Matthew Xu (Yarra)

18-20s: Samson Melatua (Waterloo)

CONDITIONS FOR THE CONDUCT OF THE MEETING

1. Ages are calculated as at 31st December, 2020.
2. Each House may nominate up to a maximum of 4 competitors for every individual event, with the exception of the 14 year old age group which can nominate 2 for the field events and 3 for the 1500m event.
 - a. Where heats are held, not more than 2 competitors from any one House will be in any one heat.
 - b. Jumping and throwing events are straight finals.
 - c. In track events, top 3 from each heat and the next two fastest times will progress through to the final.
3. **DRESS:** Any competitor not correctly attired will be disqualified.
 - a. All boys must wear a MHS house top when competing.
 - b. Plain athletics running shorts or MHS Physical Education shorts must be worn. Black or dark green are the desired colours. (i.e. board shorts and casual shorts will not be allowed).
 - c. MHS School athletics team singlet's are not to be worn.
 - d. Competitors in field events may also wear a black tracksuit bottom when competing. Competitors in the 1500 m walk must wear sports shoes.
 - e. Any questions regarding suitability of uniform must be discussed with the Director of Sport or the Chief Referee before the event is to be contested.
4. A competitor may compete in only one age group, with the exception of 14 year olds who can compete in the 15 year old age group or unless an event is not catered for in that age group.
5. Open 3000m, Open 2000m Steeplechase, Open 1500m Walk and Open 4 X 800m Relay are open to any boy in any age group. **A competitor may take part in FIVE events as follows:**
 - **4 Individual events and 1 Relay, OR**
 - **3 Individual events and 2 Relays.**
 - **RESTRICTIONS:** The 4 x 200 m, 4 x 400 m & 4 x 800 m relays are restricted to boys not competing in the 200 m, 400 m and 800 m individual track events, respectively.
 - **UNIQUE EVENT:** The medley relay is a unique event and **does not count** toward the number of events a student can compete. The only condition is that the student must compete in their own age group.
6. Each competitor in long, triple Jumps and all throwing events will be allowed a maximum of three attempts.
7. In high jump three consecutive failures eliminates a competitor from the competition. If the record is broken, further attempts at a new record height may be attempted until the competitor has failed 3 consecutive attempts.
8. If a finalist does not take his place in the final on the second day, his place cannot be filled by any other person and will be vacant.
9. In Relay events, a House may not field a team in a lower division of the age group without entering all the higher divisions. In the event of this happening, all points awarded to the House in the lower divisions will be deducted, e.g. if A, C, D, and E grade relay teams are fielded but not a B grade team, then all points earned by the C, D, and E grade teams will be forfeited.
10. If, when the A or B grade relays are to be run, a competitor is absent or injured, his place may be taken by a runner from a **lower** grade team who competed on the previous day. This upgraded runner must comply with rule No. 5b. Before this procedure is followed, the Chief Referee must be notified in writing of the change at least 15 minutes before the scheduled start of the event.
11. **MARSHALLING:** Boys will report to their respective House Officials in the House area at least 30 minutes prior to the starting time of their event.
 - a. Those in track events will report to the Marshalling Area at least 20 minutes before their own heat or final is due to be contested.
 - b. Those in Field events will move directly to the jumping pits or throwing area from the House Area.
 - c. **IF THERE IS ANY CHANGE** to the Team Sheets the respective House Age Group Coordinator must notify the track marshal. In field events changes can be made on site at the jumping and throwing events.
12. House coordinators may seek approval from the Chief Referee's to supplement a student in the final for a student who is absent for another recognised school sporting competition.
13. In case of dispute, the Chief Referee's decision will be final.

PROGRAM OF EVENTS

Wednesday 15th April, 2020

FIELD EVENTS

1	10:30	17s	Long Jump	Pit A	44	12:15	15s	Long Jump	Pit A
2	10:30	16s	Triple Jump	Pit B	45	12:15	18-20s	Triple Jump	Pit B
3	10:30	15s&U	High Jump		46	12:15	17s	Shot Put	
4	10:30	15s	Shot Put	Pit A	47	12:15	15s& U	Javelin	
5	10:30	14s&U	Shot Put	Pit B	48	12:15	16s	Discus	
6	10:30	18-20s	Discus		49	12:15	17s	High Jump	
7	10:30	17s	Javelin		50	1:15	14s&U	Long Jump	Pit A

TRACK EVENTS

8	10:00	18-20s	110m Hurdles Heat 1	43	12:18	17s	200m Heat 2
9	10:04	18-20s	110m Hurdles Heat 2	51	12:22	18-20s	200m Heat 1
10	10:08	17s	110m Hurdles Heat 1	52	12:26	18-20s	200m Heat 2
11	10:12	17s	110m Hurdles Heat 2	53	12:30	OPEN	3000m
12	10:16	16s	110m Hurdles Heat 1	54	12:46	15s& U	F grade 4x100m Relay
13	10:20	16s	110m Hurdles Heat 2	55	12:49	15s& U	E grade 4x100m Relay
14	10:24	15s& U	100m Hurdles Heat 1	56	12:52	15s& U	D grade 4x100m Relay
15	10:28	15s& U	100m Hurdles Heat 2	57	12:55	15s& U	C grade 4x100m Relay
16	10:32	15s& U	800m Heat 1	58	12:58	16s	F grade 4x100m Relay
17	10:37	15s& U	800m Heat 2	59	1:01	16s	E grade 4x100m Relay
18	10:42	16s	800m Heat 1	60	1:04	16s	D grade 4x100m Relay
19	10:47	16s	800m Heat 2	61	1:07	16s	C grade 4x100m Relay
20	10:52	17s	800m Heat 1	62	1:10	17s	F grade 4x100m Relay
21	10:57	17s	800m Heat 2	63	1:13	17s	E grade 4x100m Relay
22	11:02	18-20s	800m Heat 1	64	1:16	17s	D grade 4x100m Relay
23	11:07	18-20s	800m Heat 2	65	1:19	17s	C grade 4x100m Relay
24	11:12	14S&U	100m Heat 1	66	1:22	18-20s	F grade 4x100m Relay
25	11:15	14s&U	100m Heat 2	67	1:25	18-20s	E grade 4x100m Relay
26	11:18	15s& U	100m Heat 1	68	1:28	18-20s	D grade 4x100m Relay
27	11:21	15s& U	100m Heat 2	69	1:31	18-20s	C grade 4x100m Relay
28	11:24	16s	100m Heat 1	70	1:34	15s& U	400m Heat 1
29	11:27	16s	100m Heat 2	71	1:37	15s& U	400m Heat 2
30	11:30	17s	100m Heat 1	72	1:40	16s	400m Heat 1
31	11:33	17s	100m Heat 2	73	1:43	16s	400m Heat 2
32	11:36	18-20s	100m Heat 1	74	1:46	17s	400m Heat 1
33	11:39	18-20s	100m Heat 2	75	1:49	17s	400m Heat 2
34	11:42	15s& U	4 x 200m Relay	76	1:52	18-20s	400m Heat 1
35	11:46	16s	4 x 200m Relay	77	1:55	18-20s	400m Heat 2
36	11:50	17s	4 x 200m Relay	78	1:58	15s& U	4 x 400m Relay
37	11:54	18-20s	4 x 200m Relay	79	2:06	16s	4 x 400m Relay
38	11:58	15s& U	200m Heat 1	80	2:14	17s	4 x 400m Relay
39	12:02	15s& U	200m Heat 2	81	2:22	18-20s	4 x 400m Relay
40	12:06	16s	200m Heat 1				
41	12:10	16s	200m Heat 2				
42	12:14	17s	200m Heat 1				

PROGRAM OF EVENTS

Thursday 16th April 2020

FIELD EVENTS

82	10:30	18-20s	Long Jump	Pit A	109	12:15	15s& U	Discus	
83	10:30	15s& U	Triple Jump	Pit B	110	12:15	18-20s	Shot Put	
84	10:30	16s	Shot Put		111	12:15	16s	Javelin	
85	10:30	18-20s	Javelin		112	12:15	16s	Long Jump	Pit A
86	10:30	17s	Discus		113	12:15	17s	Triple Jump	Pit B
87	10:30	16s	High Jump		114	12:15	18-20s	High Jump	

TRACK EVENTS

88	10:30	15s&U	4 x 100, 100, 200, 400 Relay	115	12:33	17s	110m Hurdles Final
89	10:35	16s	4 x 100, 100, 200, 400 Relay	116	12:39	16s	110m Hurdles Final
90	10:40	17s	4 x 100, 100, 200, 400 Relay	117	12:45	15s& U	100m Hurdles Final
91	10:45	18-20s	4 x 100, 100, 200, 400 Relay	118	12:51	15s& U	400m Final
92	10:50	OPEN	2000m Steeplechase	119	12:55	16s	400m Final
93	11:05	OPEN	4 x 800m Relay	120	12:59	17s	400m Final
94	11:20	14s&U	100m Final	121	1:03	18-20s	400m Final
95	11:23	15s	100m Final	122	1:07	15s& U	B grade 4 x 100m Relay
96	11:26	16s	100m Final	123	1:10	16s	B grade 4 x 100m Relay
97	11:29	17s	100m Final	124	1:13	17s	B grade 4 x 100m Relay
98	11:32	18-20s	100m Final	125	1:16	18-20s	B grade 4 x 100m Relay
99	11:37	15s& U	800m Final	126	1:20	14s&U	1500m
100	11:42	16s	800m Final	127	1:27	15s	1500m
101	11:47	17s	800m Final	128	1:37	16s	1500m
102	11:52	18-20s	800m Final	129	1:47	17s	1500m
103	11:55	15s& U	200m Final	130	1:57	18-20s	1500m
104	11:58	16s	200m Final	131	2:07	15s& U	A grade 4x100m Relay
105	12:01	17s	200m Final	132	2:10	16s	A grade 4x100m Relay
106	12:04	18-20s	200m Final	133	2:13	17s	A grade 4x100m Relay
107	12:07	OPEN	1500m Walk	134	2:16	18-20s	A grade 4x100m Relay
108	12:27	18-20s	110m Hurdles Final				

AGE-GROUP SUMMARY OF EVENTS TIMES

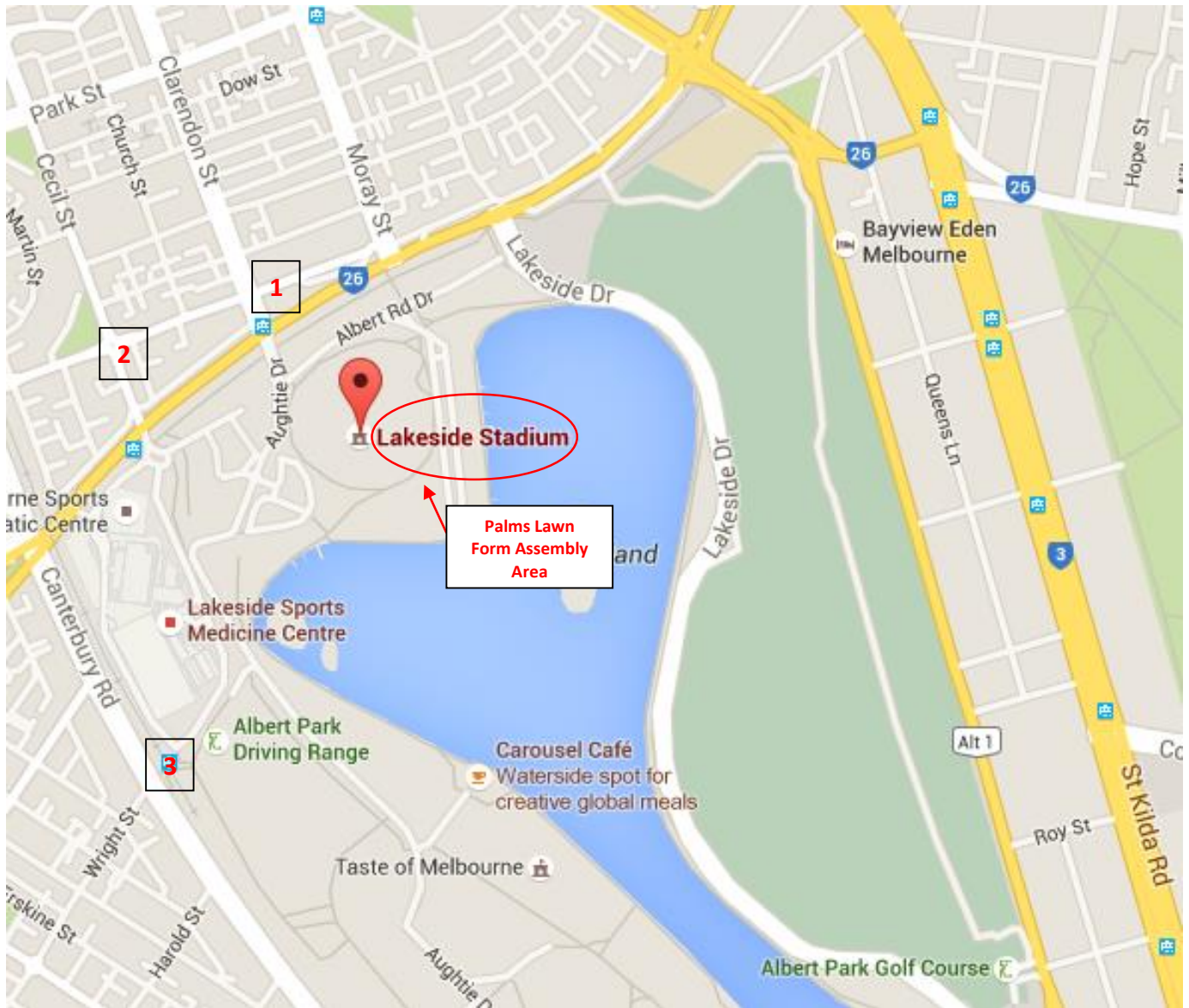
FIRST DAY AGE GROUP SUMMARY – Wednesday 15th April, 2020

18-20s		16s	
110m Hurdles Events 8-9	(10.00)	100m Hurdles Events 12-13	(10.16)
Discus Event 6	(10.30)	Triple Jump Event 2	(10.30)
800m Events 22-23	(11.02)	800m Events 18-19	(10.42)
100m Events 32-33	(11.36)	100m Events 28-29	(11.24)
4 x 200m Relay Event 37	(11.54)	4 x 200m Relay event 35	(11.46)
Triple Jump Event 45	(12.15)	200m Events 40-41	(12.06)
200m Events 51-52	(12.22)	Discus Event 48	(12.15)
3000m Event 53	(12.30)	4 x 100m Relays F,E,D& C Ev 58-61	(12.58)
4 x 100m Relays F,E,D& C Ev 66-69	(1.22)	400m Events 72-73	(1.40)
400m Events 76-77	(1.52)	4 x 400m Relay Event 79	(2.06)
4 x 400m Relay Event 81	(2.22)		
17s		14& Under and 15 & Under	
110m Hurdles Events 10-11	(10.08)	100m Hurdles Events 14-15	(10.24)
Long Jump Event 1	(10.30)	High Jump Event 3	(10.30)
Javelin Event 7	(10.30)	Shot Put Event 4	(10.30)
800m Events 20-21	(10.52)	14&U Shot Put Event 5	(10.30)
100m Events 30-31	(11.30)	800m Events 16-17	(10.32)
4 x 200m Relay Event 36	(11.50)	14&U 100m Events 24-25	(11.12)
200m Events 42-43	(12.14)	100m Events 26-27	(11.18)
Shot Put Event 46	(12.15)	4 x 200m Relay Event 34	(11.42)
High Jump Event 49	(12.15)	200m Event 38-39	(11.58)
4 x 100m Relays F,E,D& C Ev 62-65	(1.10)	Long Jump Event 44	(12.15)
400m Events 74-75	(1.46)	Javelin Event 47	(12.15)
4 x 400m Relay Event 80	(2.14)	4 x 100m Relays F,E,D & C Ev 54-57	(12.46)
		14&U Long Jump Event 50	(1.15)
		400m Events 70-71	(1.34)
		4 x 400m Relay Event 78	(1.58)

SECOND DAY AGE GROUP SUMMARY – Thursday 16th April, 2020

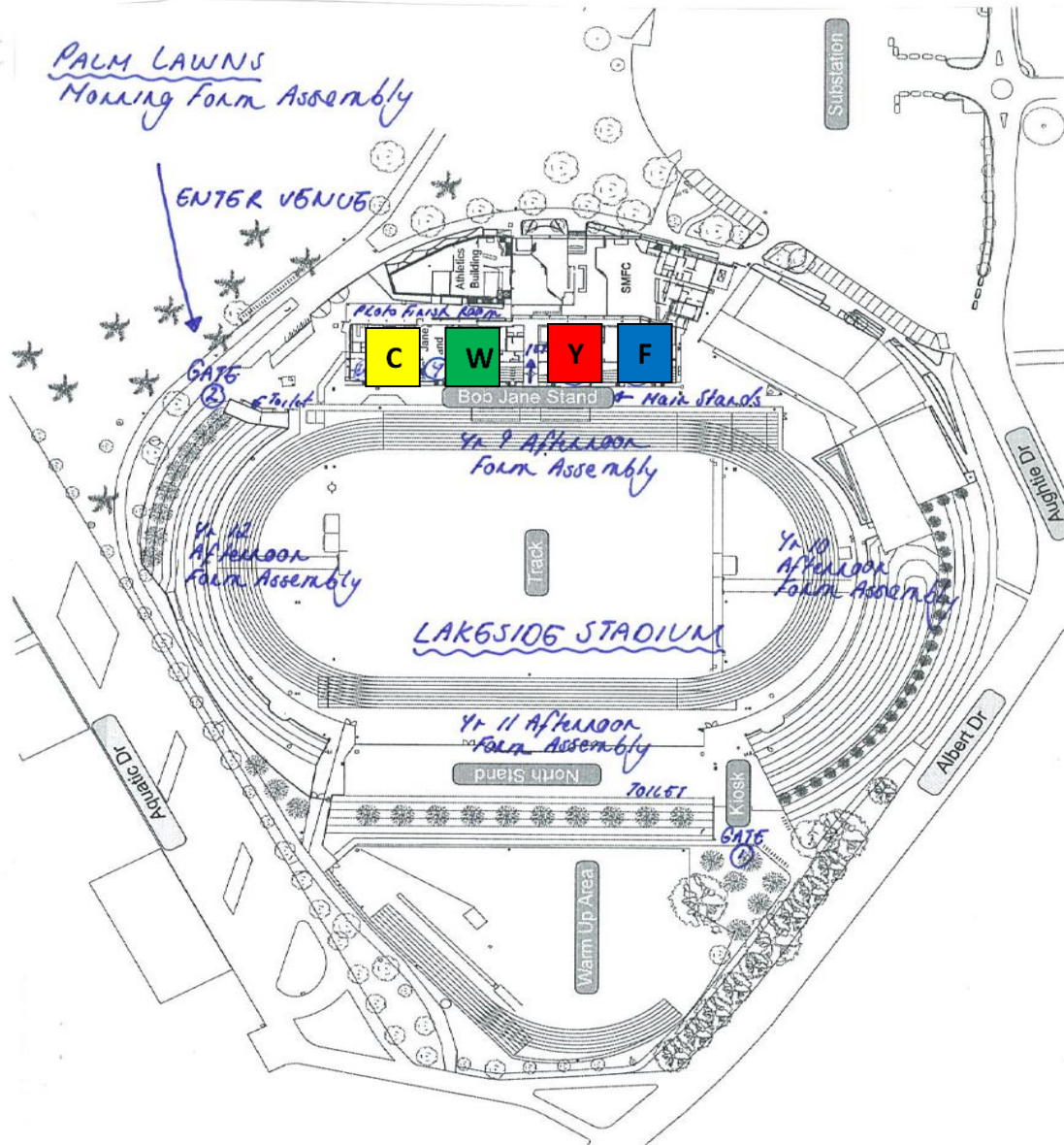
18-20s		16s	
Long Jump Event 82	(10.30)	Shot Put Event 84	(10.30)
Javelin Event 85	(10.30)	High Jump Event 87	(10.30)
4 x 100m, 100m, 200m, 400m Medley 91	(10.45)	4 x 100m, 100m, 200m, 400m Medley 89	(10.35)
OPEN 2000m Steeplechase 92	(10.50)	100m Event 96	(11.26)
OPEN 4x800m Relay 93	(11.05)	800m Event 100	(11.42)
100m Event 98	(11.32)	200m Event 104	(11.58)
800m Event 102	(11.52)	Javelin Event 111	(12.15)
200m Event 106	(12.04)	Long Jump Event 112	(12.15)
OPEN 1500m Walk Event 107	(12.07)	110m Hurdles Event 116	(12.39)
Shot Put Event 110	(12.15)	400m Event 119	(12.55)
High Jump Event 114	(12.15)	4 x 100m Relay B Event 123	(1.11)
110m Hurdles Event 108	(12.27)	1500m Event 128	(1.37)
400m Event 121	(1.03)	4 x 100m Relay A Event 132	(2.10)
4 x 100m Relay B Event 125	(1.14)		
1500m Event 130	(1.57)		
4 x 100m Relay A Event 134	(2.16)		
17s		14 & Under and 15 & Under	
Discus Event 86	(10.30)	Triple Jump Event 83	(10.30)
4 x 100m, 100m, 200m, 400m Medley 90	(10.40)	4 x 100m, 100m, 200m, 400m Medley 88	(10.30)
100m Event 97	(11.29)	14&U 100m Event 94	(11.20)
800m Event 101	(11.47)	100m Event 95	(11.23)
200m Event 105	(12.01)	800m Event 99	(11.37)
Triple Jump Event 113	(12.15)	200m Event 103	(11.55)
110m Hurdles Event 115	(12.33)	Discus Event 109	(12.15)
400m Event 120	(12.59)	100m Hurdles Event 117	(12.45)
4 x 100 m Relay B Event 124	(1.10)	400m Event 118	(12.51)
1500m Event 129	(1.47)	4 x 100m Relay B Event 122	(1.07)
4 x 100 m Relay A Event 133	(2.13)	14&U 1500m Event 126	(1.17)
		1500m Event 127	(1.27)
		4 x 100m Relay A Event 131	(2.07)

Lakeside Stadium

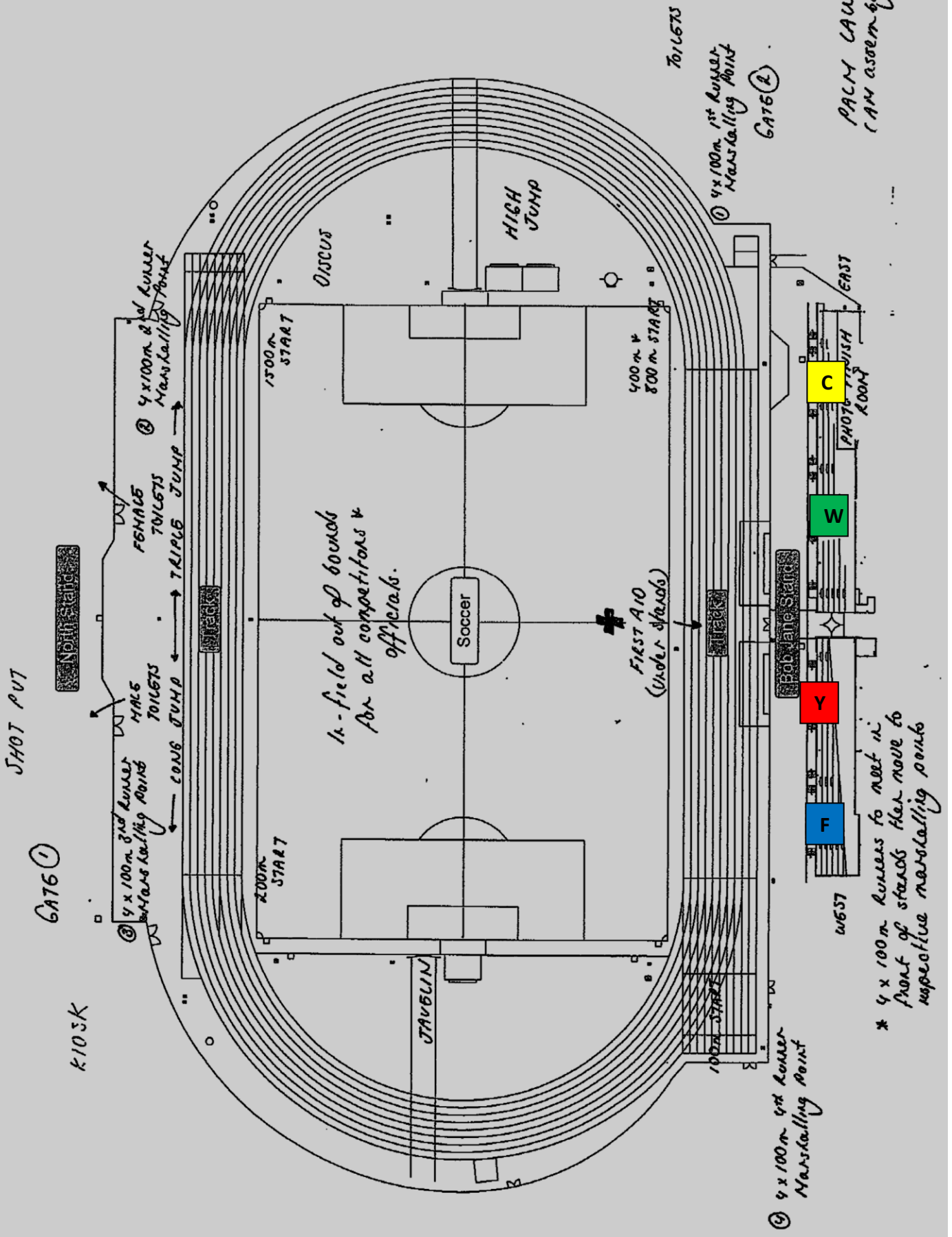


- Tram Stops:**
- 1 Clarendon Street Tram Stop
 - 2 Cecil Street Tram Stop
 - 3 Wright Street Tram Stop
- Meeting Point:** Palm Lawns Form Assembly Area

PALM LAWN
Morning Form Assembly



LAKESIDE STADIUM ALBERT PARK



* 4 x 100m runners to meet in front of stands then move to respective marcelling points

MELBOURNE HIGH SCHOOL

HOUSE CROSS COUNTRY

ALBERT PARK LAKE

Thursday 27th August 2020 (TBC)

Wednesday 26th August

House Meetings last 15 minutes of period 5

Thursday 27th August

8:45am	Form assembly
8:57am	Period 1 Years 9, 10, 11, 12
9:42am	Period 2 Years 9, 10, 11, 12
10:27am	Period 3 Years 9, 10, 11, 12
11:11am	Recess
11:33am	Period 4 for Years 9, 10, 11, 12
12:23pm	Year 11 & 12 go to Albert Park Lake House Meetings for Year 9 & 10
12:45pm	Years 9 & 10 go to Albert Park Lake
1:30pm	Year 12 start
1:50pm	Year 11 start
2:10pm	Year 10 start
2:30pm	Year 9 start
2:50pm	Tidy up spectator area.
3:00pm	Course closed, pack up.

Monday 31st August

Senior Assembly –

Presentation of Year 11 and 12 Champion medals

Presentation of Ray Willis Cup and Medal (Mrs Ruth Willis to attend)

Presentation of Cock House Cup to winning House Captain

Friday 4th September

Junior Assembly –

Presentation of Year 9 & 10 Champion medals

Points Scoring System:**Year 12, 11, 10 & 9**

First place is allocated 250 points.

Second place is allocated 249 points etc.

200th place is allocated 51 points.

The first 50 competitors in each House score according to the above system.

The next fifty competitors who complete the course within the 40 minutes time limit are allocated 50 points down to 1 point according to their finishing order.

The House with the most points wins the year group. House year group is awarded 4 points for 1st place, 3 points for 2nd place, 2 points for 3rd place and 1 point for 4th place. House year group points are added together to get the eventual winner of the House Cross Country.

NB: Points will only be awarded to boys who are running in their proper age group.

Where two Houses are equal on points, the winner will be decided by the house with the highest percentage of participants, across all age groups, who have completed the course.

CROSS COUNTRY RECORD HOLDERS (5KM)

Year 9	16 min & 19 sec	C Lui (C)	2014
Year 10	15 min & 50 sec	C Lui (C)	2015
Year 11	15 min & 35 sec	C Lui (C)	2016
Year 12	15 min & 54 sec	C Lui (C)	2017

2019 House Cross Country Winners – Waterloo**2019 Cross Country Champions**

2019 Year 9 Champion
Anthony Qi (F)

2019 Year 10 Champion
Jack Tan (F)

2019 Year 11 Champion
Bayley Camillo (W)

2019 Year 12 Champion
Max Simpson (W)

The fastest time on the day is awarded the Ray Willis Medal

2019 Ray Willis Medal

Bayley Camillo (W) 16.56

BASKETBALL

Convener: Mr Guthrie

Venue: MHS Gym

Date: Junior House – Wednesday 4th March (Week 1)
Wednesday 11th March (Week 2)

Senior House – Thursday 5th March (Week 1)
Thursday 19th March (Week 2)

Draw: Week 1 – Forrest v Waterloo
Forrest v Yarra
Como v Waterloo

Week 2 – Forrest v Como
Yarra v Waterloo
Yarra v Como

Conditions:

1. All games will start at 1.30pm sharp.
2. Basketball is conducted under the International Rules of Basketball as interpreted by the Victorian Basketball Association unless otherwise stated.
3. No extra time.
4. Matches consist of 2 x 15 minute halves with a 2 minute interval at half time.
5. Teams are limited to 12 players per game. Only boys from Yr 11/12 can play in the senior house team and Yr 9/10 can play in the junior house team.
6. Competitors must be suitably attired. House singlets to be worn and green MHS sport shorts with NO pockets must be worn.
7. No time-out in the last minute of the first half. The clock stops on all whistles in the last three minutes of the second half.

One time-out per team per half.

No 24 second shot clock rule

Each house must supply a competent scorer and timekeeper.

Convener will appoint referees.

DEBATING

Convener: Mr Kaderle

Venue: MHS Memorial Hall and T29

Dates: Junior House – Wednesday 4th March (Week 1)
Wednesday 11th March (Week 2)

Senior House – Thursday 5th March (Week 1)
Thursday 19th March (Week 2)

Draw: 1st Semi Final Week 1 – Como v Yarra
2nd Semi Final Week 1 – Forrest v Waterloo

B Final Week 2– 2 losing houses
A Final Week 2– 2 winning houses

Conditions:

1. The first named team is affirmative and must provide a Chairperson / Timekeeper.
2. Each team will consist of THREE speakers and ONE 'helper'.
3. Each speaker will speak for a maximum of FIVE minutes, with a warning bell at THREE minutes.
4. The topic for Round One will be posted at the Staff Centre at the **beginning of recess** on
5. The topic for the Finals debates will be posted at the Staff Centre at the **beginning of recess** on:
6. Only boys from Yr 11/12 can compete in the senior house team and Yr 9/10 can compete in the junior house team.

FOOTBALL

Convenors: Mr D Veale

Venue: MHS Oval

Dates: Junior House – Wednesday 13th May (Week 1)
Wednesday 20th May (Week 2)

Senior House – Thursday 14th May (Week 1)
Thursday 21st May (Week 2)

Draw: 1st Semi Final Week 1 – Como v Yarra
2nd Semi Final Week 1 – Forrest v Waterloo

B Final Week 2– 2 losing houses
A Final Week 2– 2 winning houses

Conditions:

1. Football is conducted under the rules of the Australian Football League unless otherwise stated.
2. Match duration:
 - * Senior Boys 2 x 20 minute halves
 - * Junior Boys 2 x 20 minute halves
3. Time-on will not be added unless the Umpire specifically instructs the Timekeepers at the time. For example, serious injuries, lost ball, deliberate time wasting, etc.
4. Up to 8 players may be used for interchange, which must take place in the area designated between the two players' benches.
5. At the end of the game, if the game is a draw, then 2 x 5 minute halves of extra time will be played
6. Jumpers/tops will be provided but all players must provide appropriate football attire. For example, shorts must have NO pockets; football boots and mouthguards are strongly recommended
7. Each house must provide:
 - * Timekeeper and competent scoreboard attendant.
 - * Competent Boundary Umpire, Goal Umpire and a team runner.
 - * A staff member as coach and senior students as team managers.
8. Only students from Yr 11 and 12 can play in the senior team and Yr 9 and 10 students in the junior house team.
9. Any player sent off by the umpire for a serious misdemeanour is not allowed back on at any stage of that game.
10. Convenor will arrange umpire.

SOCCER

Convener: *Mr David Veale*

Venue: MHS Oval

Dates: Junior House – Wednesday 29th July (Week 1)
Wednesday 5th August (Week 2)

Senior House – Thursday 30th July (Week 1)
Thursday 6th August (Week 2)

Draw:

Week 1 – Forrest v Waterloo 1.30pm to 2.05pm
Forrest v Yarra 2.10pm to 2.45pm
Como v Waterloo 2.50 to 3.25pm

Week 2 – Forrest v Como 1.30pm to 2.05pm
Yarra v Waterloo 2.10pm to 2.45pm
Yarra v Como 2.50pm to 3.25pm

Conditions:

1. Soccer will be conducted under the rules of the Australian Soccer Federation unless otherwise stated.
2. The maximum number of players for the day is 20. Substitutions are done with referee's permission and if a player is substituted he cannot return for the rest of that half.
3. Points – 2 points for a win, 1 point for a draw and 0 points for a loss. No extra time or penalty shootout will be played.
4. Competing teams must provide:
 - a competent linesperson
 - at least one staff member as coach/manager
5. All competitors must be suitably attired. Players must wear shorts (without pockets), matching shirts will be provided. The goalkeeper must wear a contrasting shirt. No jewellery to be worn. The wearing of shin guards is recommended.
6. The Convener has the power to disqualify teams for poor conduct from either players or coaches.
7. Matches will be 2 x 15 min halves and the half-time interval shall be 4 mins
8. Only boys from Yr 11/12 can play in the senior house team and Yr 9/10 can play in the junior house team.

THEATRE SPORTS

Convener: Ms Simpson

Venue: Memorial Hall

Date: Junior House – Wednesday 24th June
Senior House – Thursday 25th June

Conditions:

1. International Theatre Sports rules apply to all listed games
2. Each house will enter 2 teams- Junior Yr 9/10 and Senior Yr 11/12
3. Each team will be made up of 4-6 members, who will each play at least 1 game
4. Games for Senior teams: 1 game each from-1 minute, 2 minute, 3 minute and 4 minute games from the published list. Total 4 games per team Games for Junior teams: 1 game from 1 minute, 2 minute and 3 or 4 minute games. Total 3 games per team
5. Some games are given preparation time of 10-30 seconds
6. Games are listed with specific criteria 2-4 weeks before the competition takes place so teams may practise. These will be distributed to House Leaders
7. Judging criteria are listed below
 - There will be 2 or 3 independent judges who will score the teams out of 5. The 3 judges scores are then added together to gain the final result. The judges' decision will be final.
 - House points will then be awarded to the teams in each of the Senior and Junior sections.
 - These are then added together making the highest possible score 8 for any one house.
 - Points in each section are-
 - i. First place = 4 points
 - ii. Second place = 3 points
 - iii. Third place = 2 points
 - iv. Fourth place = 1 point
8. Players criteria are listed below
 - Must work within the time specified
 - Impro must have a good beginning, middle and end
 - Must be imaginative, creative and entertaining
 - Must work as a team- no stars
 - No swearing or 'suspect subject matter' points will be deducted for this

VOLLEYBALL

Convener: Mr Bisetto

Venue: MHS gym

Date: Junior House – Wednesday 29th July (Week 1)
Wednesday 5th August (Week 2)

Senior House – Thursday 30th July (Week 1)
Thursday 6th August (Week 2)

Draw: Week 1 – Forrest v Waterloo 1.30pm to 2.05pm
Forrest v Yarra 2.10pm to 2.45pm
Como v Waterloo 2.50 to 3.25pm

Week 2 – Forrest v Como 1.30pm to 2.05pm
Yarra v Waterloo 2.10pm to 2.45pm
Yarra v Como 2.50pm to 3.25pm

Conditions:

1. Volleyball is conducted under the rules of the International Volleyball Association as set out by the Australian Volleyball Federation, unless otherwise stated.
2. The maximum number of players used for each match is 12.
3. Scoring in all matches will be rally point. All sets are played to 15 with a two point advantage. There is a 30 minute time limit for each match.
4. When a set is unfinished at the end of the time limit, the team leading by 2 or more points shall be declared the winner of that set, providing that team has reached at least 8 points. In the third set, Rally Point scoring system will be used.
5. All team members must be appropriately attired. eg House/MHS shirts, sporting shorts and runners.
6. Net heights shall be:
Senior Boys 2.43 m (highest notch on net post)
7. Teams that are not able to start their matches at the scheduled time are liable for set[s] or match forfeit.
8. Each team is to provide:
 - * One competent line umpire
 - * One competent scorer
 - * At least one staff member as coach/manager
9. Only students from Yr 11 and 12 can play in the senior team and Yr 9 and 10 students in the junior house team.

WATERPOLO

Convener: Mrs Mullholland

Venue: MHS Pool

Dates: Junior House – Wednesday 4th March (Week 1)
Wednesday 11th March (Week 2)

Senior House – Thursday 5th March (Week 1)
Thursday 19th March (Week 2)

Draw: Week 1 – Forrest v Waterloo
Forrest v Yarra
Como v Waterloo

Week 2 – Forrest v Como
Yarra v Waterloo
Yarra v Como

Conditions:

1. Waterpolo is conducted under normal rules and regulations of water polo, unless otherwise stated. 4 x 5 minute quarters will be played.
2. The maximum number of players used for each match is 15.
3. Points – 2 points for a win, 1 point for a draw and 0 points for a loss. No extra time or penalty shootout will be played.
4. All team members must be appropriately attired. eg MHS bathers. Caps will be provided
5. Each team is to provide:
 - * One competent scorer
 - * At least one staff member as coach/manager
6. Only students from Yr 11 and 12 can play in the senior team and Yr 9 and 10 students in the junior house team.
7. Convenor will arrange referees.

Year 9 Cock House Round Robin

Friday 31st January 2020

Important Information:

All year 9 students are expected to actively participate in this competition as a player.

They must play in one of nine different teams. All competition happens simultaneously.

The aim of this competition is for year 9 students to build on the house spirit and ethos of the house competition. They will meet students from other forms and will be coached by the house age group leaders and students from years 11 and 12.

There will be 3 house meetings to confirm teams: Wednesday 29th January (period 6), Thursday 30th January (period 5) and Friday 31st January (period 2).

Daily Organisation Friday 31st January:

8:50am:	Form Assembly
Period 1:	Memorial Hall Assembly & Guest Speaker
Period 2:	Year 9 students will attend house meetings to finalise teams (see rooms below).
Period 3:	Normal Class, Period 3
Recess	
Period 4 and 5:	Semi Finals (Como v Yarra and Forrest v Waterloo)
House Lunch:	Students provided with a roll/wrap. Students will be in their houses for lunch.

All food to be picked up from the canteen from 12.45pm onward and taken to your eating area. Please either collect yourselves or send your House Captains

Como on the oval in front of the Old Boys Pavilion
Waterloo on the oval in front of the Cadets Pavilion
Forrest outside the Hockey Pavilion
Yarra on the oval Claremont Street gate end under the big Tree

Period 6 and 7:	Finals (winners of semi-finals and losers of semi-finals)
3:10pm:	Students will go to Memorial Hall for presentations and attendance marking.

Students are to change into their **house uniform at recess** and proceed to their playing venue. Please see uniform and equipment requirements for your sport on the opposite page. All boys must bring a **drink bottle, hat and sunscreen**. Lunch provided, keep hydrated and keep food intake up.

House Meeting Rooms:

Waterloo:	Gym
Yarra:	Arts Building
Como:	Memorial Hall
Forrest:	Dining Hall

Staff cleared for nominated periods below:

Organisers	ALL DAY James Guthrie Rob Sette David Veale	
Como	Marlowe Wynne-Woodley	PERIODS 2-7
Forrest	Shaun Kemp	PERIODS 2- 7
Waterloo	Mark Goodey	PERIODS 2-7
Yarra	Rob Sette	PERIODS 2-7
Sport Staff	PERIODS 4-7 Cricket: Michael Fitzgerald + Senior Cricket Players Netball: Ann Chandler + Senior Netball Players Volleyball: Ute Kreher + Senior Volleyball Players Soccer: Helen Bekos + Senior Soccer players Tennis: Ian Dowling Basketball: Mike Chandler + Senior Basketball Players Water Polo: Sonya Mulholland + Senior Water Polo Players	

Staff lunch will also be provided either within the House group or location you are supervising.

Sport	Instructions
Basketball	<p>2 teams of 7 or 8</p> <p>Team 1 plays on the outdoor court and team 2 plays in the gym</p> <p>2 x 20 minute halves (5 mins overtime if needed)</p> <p>House Singlet, MHS PE Shorts</p> <p>Staff: Mr Chandler + Senior Basketball Players</p>
Cricket (Super 8's)	<p>1 team of 10</p> <p>played on the oval</p> <p>10 players, bowl 2 overs each, each pair bats for 2 overs</p> <p>minus 5 runs for each out, change ends after an out</p> <p>whites and/or MHS PE uniform</p> <p>Staff: Mr Fitzgerald and ????? + Senior Cricket Players</p>
Netball	<p>1 team of 9</p> <p>played on outside netball court</p> <p>4 x 7 minutes (2 x 3 minute overtime if needed)</p> <p>House Singlet, MHS PE Shorts</p> <p>Staff: ????? + Senior Netball Players. Mrs Chandler Umpiring</p>
Soccer	<p>2 teams of 8</p> <p>all teams play on the hockey field</p> <p>5 on the field plus goalie</p> <p>subs at anytime</p> <p>2 x 10 minute halves (penalty shootout if a draw)</p> <p>House Singlet, MHS PE Shorts</p> <p>BYO shin pads if possible</p> <p>Staff: Helen Bekos + Senior Soccer players</p>
Tennis (Doubles Only)	<p>1 team of 4</p> <p>played on outdoor tennis courts</p> <p>6 game set, 10 point tie break at 5 all</p> <p>A pair vs A pair and then B pair vs B pair</p> <p>House Singlet, MHS PE Shorts</p> <p>BYO racquet</p> <p>Staff: Mr Dowling</p>
Volleyball	<p>1 team of 8</p> <p>played in gym</p> <p>35 minute time limit for each game</p> <p>rally point to 15, best of 5 sets. If there is a tie (equal sets won) countback</p> <p>awarded based on total points</p> <p>substitution by rotation at serving position</p> <p>House Singlet, MHS PE Shorts</p> <p>BYO knee pads</p> <p>Staff: Ute Kreher + Senior Volleyball Players</p>
Water Polo	<p>1 team of 13</p> <p>played in the indoor pool</p> <p>4 x 5min quarters (golden goal if a draw)</p> <p>MHS bathers</p> <p>BYO mouthguard</p> <p>Staff: Ms Mulholland + Senior Water Polo Players (Umpire: David Smyth)</p>